

NA Today

March 2012



The NA Today Magazine belongs to all members of Narcotics Anonymous. Its mission is to provide recovery and service information, as well as recovery-related entertainment.

In keeping with this mission, the editorial staff are dedicated to providing a magazine which is open to articles and features written by members from around Australia, as well as current service and convention information.

Foremost, we're dedicated to the celebration of our message "that a addict can stop using, lose the desire to use, and find a new way to live."

The NA Today Magazine welcomes articles from all readers. Articles can be your own story, experience, strength and hope, a response to any article that has appeared in the NA Today, or simply a viewpoint about an issue of concern in the NA Fellowship.

Articles should be no more than 800 words, and we reserve the right to edit. All articles must include a name, address, and phone number. First names and last initial will be used as the signature line unless the writer requests anonymity.

Send us your experience in recovery, your views on NA matters, cartoons, ideas etc to:

natoday@na.org.au

or to the

NA Today
c/- Fellowship Service Office
1st Floor, 204 King St
Newtown NSW 2042

The NA Today presents the experiences and opinions of individual members of Narcotics Anonymous. Opinions expressed are not to be attributed to NA as a whole, nor does publication of any article imply endorsement by Narcotics Anonymous, The NA Today, or the Narcotics Anonymous Regional Service Committee.

Editor: Caroline M Vectors: Gina C & Sue K

I found it in W.A.

I went on another geographical to WA from Melbourne. But this time it worked. I know it's said they don't work and yeah, this one didn't work to begin with. My partner left me, the crime started and soon after that, jail again. On release things got really desperate. I was on the other side of Australia and I had no one, I had nothing and I had nowhere to go. I had been in this position before but this time was different. I knew I had to do something different because for the first time in my life I was willing to give up. If tomorrow was going to be like today then I didn't want to see it. I needed some hope today if I was going to make it through. (Enter my Higher Power). I did what different people had been telling me to do for 22 years – "When you feel like you want to use come see us". So I did for the first time. I went to a drug and alcohol service and did something I'd never done before – I asked for help.

I told them my story and how I was feeling and they told me I needed rehab. I had been told this many times before and I used to think "There is no way I'm going away for a period of time without drugs". This time was different. I knew I had to be taught how to live life without crime and drugs.

I left that day with some hope. I had been put in touch with a rehab and all I had to do was ring once a week to stay on the waiting list as I was in country WA and the rehab was in Perth. Whilst waiting to get in to rehab things got very scary and depressing. I was trying to stay clean and I was scared to walk out of my door because all I wanted to do was crime to get drugs.

It became very real to me that I didn't know how to live without drugs being on my mind 24/7 and this realization was very depressing. In the 6 weeks it took to get into rehab I did commit a crime and got caught. I remember thinking "Is this rehab going to be hardcore enough for me?"

I felt like a baby and needed to be taught all the life skills there are to manage my life without drugs. I didn't know it at the time but I was going to a 12 step rehab that went to 3 meetings a week. I got to rehab and they gave me a book, a blue book, and because there was no TV or radio, I started to read this book that I felt was written for me.

My time in rehab is very special to me and the people I met there I cannot speak highly enough of. I witnessed and was a part of so many life-changing moments. Yes, I probably am biased but I believe it to be the best rehab in the country.

I am locked up for the crime I committed. I know nobody in Perth but people I met at rehab and at NA meetings I attended. I get visits nearly every weekend from people in the fellowship of NA. For the first time in my life I have real friends who care about me and my recovery. When I got sentenced I could have gone into depression and jail life but was able to tell myself my god doesn't give me any more than I can handle and have managed to keep my own daily program up.

I have just celebrated my first birthday and I have peace in my life. I have hope, thanks to me, the rehab and NA. Thanks, you have helped me take my life back, Just for Today.

Chris L., W.A.



The God Job

Sharing my experiences of amends would take many pages. Originally my sponsor asked me to head up my amends with three columns (now / later / never). Within the second year of my recovery all the people in those columns were crossed off and I will share one. Towards my rock bottom I would always run out of money, like the day after my Centrelink payment the money was gone. I would get my drug of choice, pay some rent, get some food and pay for my two packets of white ox that I would tick up each fortnight at the corner shop. Then some days later I would tick up another two packets. And then of course when I couldn't pay my rent anymore I left the area and I didn't pay the shop keeper.

Some six years later, three years into my clean time, that shop keeper was on my list and I went to pay my bill. I must mention at this point that I always pray before attempting an amends. When I went into the shop I asked the guy behind the counter where the owner was, he said that he sold the shop to him three years earlier. I told him I was there to pay my bill and he said that he would take my money but that he hadn't seen the old owner for over a year. I said no thanks and turned around to walk out. Just then the old owner came in the front door. I gave him the money and he said that I had restored his faith in human nature.

I was recently at the Regional Committee Meeting in Sydney - I was there as a R.C.M – and I seem to nearly always cause some bit of conflict or someone gets upset with me at any service meetings, and that weekend was no exception.

I was truly blessed to be there and enjoyed the spiritual experiences of the other committee members, when at the finish of Sunday came there was an around the room of what members gained from the weekend. Surely enough someone was upset with me. As I had a taxi waiting outside for me and I couldn't publicly apologise to the member, I could

only say on my way past him that I was sorry for how he felt.

I was at the airport outside the terminal and was texting my sponsor about what had happened, and I was also praying for knowledge of my part in this process, when the person that was upset with me got out of a taxi and walked up to me. I listened to what he had to say, said my bit and after one addict in recovery talking to another addict in recovery putting Spiritual Principals first, we parted with hugs, handshakes, goose pimples and tears of gratitude as to how God had put us together in His timing so neither of us was taking any unhealthy energy back home with us. Now that's a God job!

Robert the Bob, Byron Bay



The Awakening—Jared K.

*I used for happiness and became unhappy
I used for joy and became miserable
I used to be outgoing and became self-centred
I used for social ability and became lonely
I used to gain friendships and made enemies
I used for sleep and awakened without rest
I used to soften sorrow and wallowed in self-pity
I used for strength and felt weak
I used medicinally and got sick
I used for relaxation and got the shakes
I used for confidence and became uncertain
I used for courage and became doubtful
I used to stimulate thought and blacked out
I used to make conversation and drooled in speech
I used for warmth and lost my cool
I used to feel heavenly and came to know hell
I used for freedom and became a slave
I used for power and became powerless
I used to ease problems and saw them multiply
I used to cope with life and invited death
So now...I choose not to use*

Kasir, Bangalow

The Top Ten...

Things to do at an NA convention...

1. Catch up with the people you went to rehab with and who are still clean
2. Catch up with the people you went to rehab with and who have been living in a tree for the last 2 years
3. Catch up with the people you went to rehab with...who are back in rehab!
4. Drink coffee until your head explodes
5. Say you're going to do meetings and then stand outside all day smoking and talking
6. Say you're going to do meetings but spend the whole time at the beach/shops/cafes etc
7. Say you're going to do meetings but spend the whole time hanging with your rehab crew (see 1.)
8. Go to the dance and then spend the whole time outside smoking and talking (see 5.)
9. Go to the dance and discover freedom from self-obsession and go berko!
10. Actually go to a couple of meetings and get some recovery..in between smoking and talking and coffee and the beach...

My Sponsor

During the time when I was working my 9th step I was having an exceptionally bad day. Not because of my step work. I had to fire an employee. She shared some hurtful things that other employees were saying about me. Being a supervisor is not about being popular. Some of the things had to do with my negative character defects that were blatantly pointed out. I was painfully aware of the need to amend my behavior. I wanted to run away, but needed to stay where I was for the rest of the workday. Because of the change with her leaving, meant I needed to redo a schedule that was ready to post the next day, so there was another added stress to my day.

This was also my sponsor's 15th birthday. I called and wished her a happy birthday. When I called I asked if she was going to be home because I had something to drop by, then told her about my day. She just said, come over for dinner. No other questions just come over.

I have always followed my sponsor's suggestion so today was nothing different, so I did.

When I got there she greeted me with a warm hug. The stress I was feeling seemed to melt. I also received a hug from her husband.

She and her husband shared their day with me. On her clean date she visits the treatment center where she started her recovery to let them know that this program works. Her husband was just beaming when he talked about her. He also asked me how I was doing. His concern was genuine. I started to share with both of them my day and how I was feeling. Just being able to get that pain out of my gut relieved my discomfort. Sharing with someone else instead of isolating, feeling un- comfortable, overwhelmed, and ruminating on the same scenario, was all I needed for relief. Instead of going with my first reaction and response to discomfort,

which is to run, was insane. Reaching out to someone in recovery saved my spirit and I felt such calm after the evening.

On my way home I realized what an impact this program has made on my life, my sponsor and her husband. He is not in recovery, and because of her commitment to her own recovery and sponsorship, I believe he sees how important being available can be to another addict needing help. I truly felt such a level of acceptance and welcoming in their home.

At her birthday meeting, which was on Sat, I was able to share with the group how our recovery can impact others and how accepted I felt from her and her husband.

Her example of unconditional love soothed my pain. Having her answer the phone and just say, come on over was such a gift to this addict. No questions asked, just come on over and bring yourself. Again I am grateful to this life saving program. Thank you NA and my sponsor.

Diane P., Snohomish, WA

(Reprinted from the Settle Area Narcotics Anonymous Newsletter, Oct/Nov 2011)

Serving NA

Aloha/Namaste, I am Tom C. the delegate representing the Hawaiian Islands. I want to share about my experience while attending the APF February of 2010 in Kolkata, India. To really understand what words cannot completely convey, you must read between the lines; let your heart decipher the real meaning of my encounter of being with the many delegates that gathered together for the four days we met.

I awake early every morning to practice our 11th step. Being jet lagged it came easily to get up before dawn, as I sat in

the silence the sound of people banging clothes on the shore of the Ganges found its way to my ears. The beautiful chanting over a microphone in these early hours led to the feeling of another world. I left my room and found my way down the two floors below me where the meeting would be held within the next few hours. The tables were set up with country name cards in front of each seat; I quickly looked for Hawaii and found myself in between Bahrain and Indonesia. I felt electricity flowing through my body as I wandered around the table viewing the names of all the countries that would be present, the thought that came to mind was NA is bringing peace to the planet, this thought stayed with me the whole week. It became so clear to me that we are a part of one of the most powerful spiritual movements of modern times.

This harmony continued as the week went on, long days of sitting and listening, the meeting always had the ever present integrity of caring, of love constantly being put into action, the harmony continued no matter how tired we became, always being guided by principles before personalities.

Thank you everyone, it was a privilege to serve with you, you touched my heart deeply.

Love All Serve All Namaste Tom

(Reprinted from the Asia Pacific Forum Newsletter, April 2010)





From the Pen of One Who is not so Spiritually Evolved

Before I started writing this piece, I did a very rigorous soul-search, as I expect it will cause controversy: when you write or say anything about religion it generally does. So, I wanted to make sure that my motives are true, that the purpose for writing this is to create debate not conflict.

I would like for us to take time and give some thought to our NA Traditions. What do they mean? When are they necessary? Why were they created? How are they applied? I don't have definitive answers to those questions but I keep on asking them because I love this fellowship. The gratitude I have for finding NA is profound.

I am an atheist. The journey to faith and a higher power, for me, has been grueling. I've had to "fake it, until I make it" for many years, until there came a time when I was able to reconcile my feelings of hypocrisy, with my need for spiritual solace. So, having said that, you may be able to imagine my reaction when I heard the announcement of a new Christian meeting that had opened in my area. Well, all I can say is that it was visceral, it was inappropriate and it wasn't spiritual. I wish I could've dealt with it differently. I will deal with it differently next time as I learnt a valuable lesson.

Though, at the heart of my argument is the belief that our Traditions aren't negotiable and I stand by this belief. We can't pick them apart like a section of legislation, find loopholes, or compromise the spirit of their creation, as they were created to protect us from ourselves. When we endorse a religion we are transgressing the first, fifth, sixth and eleventh traditions and it inevitably creates disunity. Therefore, if we behave as our traditions recommend, there is no disharmony. I firmly trust and endorse, that we can believe in whatever we like as long as it keeps us clean.

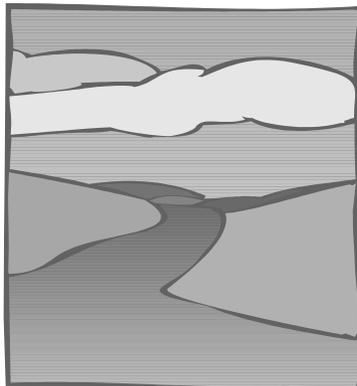
I have heard the argument that we have "special interest" groups, why not religious groups? Put simply, we have spe-

cial interest groups because the traditions say we can have special interest groups. Nowhere is it written that we can create religious groups, however it does state in the sixth tradition that we do not endorse religion. The dictionary definition of endorse is: approve, support, and promote. NA is a secular organisation not a religious organisation and I think it's because the two most divisive themes in human existence are religion and politics.

It has also been said that my challenge is based in fear and I have to agree that it is. But I'm not fearful of religion. I'm fearful of our traditions being manipulated and disrespected and having said that, I believe it's a healthy fear: because, at the end of the day, my name's Sandra and I am a recovering addict.

YILS

Sandra T.



REMEMBER...



NA TODAY NEEDS YOU!!!!

**SEND YOUR ARTICLES, LETTERS, CARTOONS
AND GRAPHICS TO:**

NATODAY@NA.ORG.AU

OR

**NA TODAY
c/- FSO
1ST FLOOR, 204 KING ST
NEWTOWN NSW 2042**

I just wanted to pass an exam

I first got drunk at 13 at my sisters 21st. I thought it was great! I didn't have many opportunities to drink in my early teens but when I did the whole purpose of drinking was to get drunk, I didn't like the taste at all. Later in adolescence with friends we would buy bottles of [Brand Name]. If you could drink the whole bottle you were guaranteed to get drunk. By this time drinking was accompanied by vomiting, hangovers and fights. When I turned 18 I was well aware that me and alcohol were not a good combination and that it had already been detrimental to my life. I gave up the course I was doing which I was going to fail and got a job so I was no longer dependent on my parents. Drinking became very rare. I pursued a career as a technologist by studying part time.

Socially I had what I call my golden year when I would go to one particular dance and meet lots of different girls with whom I would study anatomy in the dark corner or over the road in the park. Wonderful growth with no serious complications. Then I met a girl who was in the drug scene, she tried to get me stoned but it didn't work. I wanted to be with her but I didn't fit into her scene. The relationship stopped.

After this I got a traineeship as a Technical Officer. Initially I was doing well. I was older and more experienced than most of the guys I was training with, so that made it easy. I worked hard and got good marks but I wasn't happy that I wasn't in with the cool scene of the time. Eventually through a close friend who I used to get drunk with, I got into cannabis and started leading a double life. I felt me and cannabis were made for each other, that cannabis would cure all the problems of the world and I was doing everyone a big favour by promoting it in any way I could. I would struggle to get through the day and be out on the scene at night. When exams were coming up I would stop using for several weeks, study hard, get through and celebrate by getting very out of it.

I felt that if I kept to cannabis I would not have a drug problem. I stayed free from smack and needles though they often appeared in my path. I occasionally dabbled in other drugs sometimes not knowing what they were. When I had finished my training I got deeper into the scene and the double life got harder to play. Things started going horribly wrong. I went to another job in another city, thinking I had left all my problems behind. I tried living the same type of life I had led before but before long I got busted. At that time I was very lucky I was busted where I was, as penalties were much less harsh than where I had come from and my work didn't find out. I got really paranoid, cut my hair and decided I had to lead a different life.

I began doing tertiary studies part time. I did this obsessively, commonly working on computer programs till the early hours of the morning then going to work. I thought I was doing the right thing but because I was always bleary eyed the people I worked with thought I was using drugs which at this stage of my life was rare. I didn't get along with the people I worked with; they were drinkers and didn't understand me.

As a result of my studies, my career situation improved, moving around and eventually getting involved in a big project. I worked at this obsessively with my studies now taking second place and cannabis being used to relieve stress. Eventually the development of this project became all mine. I worked on it day and night along with further study and more cannabis to relieve the stress. I finished my studies getting a science degree thinking my life would be better with more free time but the extra time was just taken up with more work and increasing consumption of cannabis. I got into a really bad co- dependent situation and thought I'd solve all my problems by buying a house and being in total control of my life. Things didn't improve.

I knew I had to keep really busy to keep my life in some kind

of order. Soon I was back doing more part time studies to get an engineering degree. Things were getting harder. I was hanging around with people who used a lot and I was using more and more. I would get these ideas in my head that when I achieved a particular goal life would get wonderful. But if I achieved the goal life wasn't wonderful, it was more of the same.

Relationships with people were getting worse and worse. I changed jobs leaving the big project I had been so obsessed by and creating a big storm with my previous employer on my departure. The new job was a big let-down, not giving me the satisfaction I had expected or previously had but the money was good and my expenditure was increasing. I started a home business doing development work in addition to my job and my part time studies, using more cannabis to deal with the stress.

A woman that I had had an earlier brief relationship with had stopped using and joined NA. She suggested I might get something out of it. I went along for a while, eventually admitting with reluctance that I was an addict. I even got some clean time but I was very mad. After one meeting I spent some time arguing with a member that cannabis wasn't addictive. At a later meeting another member told me cannabis wasn't really a problem, she was obviously an expert because she told me exactly what I wanted to hear, that I didn't have a drug problem.

I stopped going to meetings and continued with my downhill life. I felt my technical achievements were proof of my sanity and that people who had a problem with me were just stupid. I had gotten into another bad codependent situation that should have ended early but I just kept going back for more. I wanted to break away but wouldn't let go. I was earning good money and wasting it. Lots of conflicts started happening with people I shared my house with and people I worked with. In a short period of time I went from a person who

never used alone to someone who mostly used alone. I thought this was a major achievement as I didn't have to waist my dope on other people.

My life had become a chaotic mess. I thought the answer would come when I finished my engineering degree and took some time off to achieve that. My consumption was going overboard. I had one exam to go and then the degree would be over. The exam was in the afternoon so I planned to go to uni early and be in a good state for the exam. I got up had a couple of smokes and went off to uni and tried to do some study. At 10:30 I decided I had time so I went home and had a couple more smokes then went back for the exam. I was off my face in the last exam for my degree.

I failed! I couldn't believe it. It was everybody else's fault, the lecturers, the tutor, the people in my group. I blamed everybody and everything else, totally ignoring the fact that I was stoned in the exam. I tried every way possible to get out of it but if I wanted to finish the engineering degree, I had to repeat this subject which I hated, as it involved dealing with people. This delayed completion of my study by another year.

Life got worse, more conflicts and traumas. My body was giving me problems with back pains and R.S.I. I was having a smoke at least every 3 hours 24 hours a day. I would wake at 3am have a smoke go back to sleep, wake at 6am have a smoke go back to sleep, wake at 8am have a smoke have a shower, have a smoke have some breakfast, have a smoke go to work, come home from work several times most days to have a smoke. At the end of work I would go home and smoke till bed and the cycle would continue. I tried to control my using but it didn't work.

I started the subject again. I would have a smoke before the lecture then sit right up the front so the lecturer would think I was conscientious. The subject involved group work, I got

my group to have meetings at my house, they would start working and I would go upstairs and have a smoke. I ended up having a big blow up with one of them and got put in another group. By this stage I was 40 and very unhappy. I thought life would be better when I finished this part time study, so I had to get through this exam. I thought about the old days when I would stop smoking several weeks before the exam, study hard and get good marks. That was my plan, pass that exam and all my problems would be over.

I went to my doctor who said marijuana wasn't addictive but put me onto a drug counsellor. The drug counselor told me marijuana wasn't a problem, and I wanted to reduce my using I should just put it in a place that's difficult to get to. I tried that idea, it kept me drug free for at least 20 minutes. As a very last resort I went back to my friend who belonged to NA. I was concerned that NA people wouldn't like me just wanting to stop for a couple of weeks (I knew I wouldn't have a problem once I'd passed the exam), she rang an expert from NA and assured me that it was ok to attend NA for those reasons.

I started attending meetings. My bag of dope ran out and I managed to not buy another bag. I started talking to people who understood my madness. I went and had coffee with people after meetings. On day 9 without dope something happened that made me very angry, I rang the NA hot line and spoke to a member who assured me that it was ok to go to meetings if I was only a dope smoker and it would be ok to go to detox. It was a really important call and while I didn't go to detox, it helped me understand my position and feel comfortable at NA meetings.

As time passed I started to get saner. The exam was getting closer. Someone at a meeting asked me what I was going to do after the exam? I immediately got a resentment against this person for asking this question. I had always gotten off my face after an exam and now I had to ask myself some

serious questions. After several days of this discussion going on in my head I concluded that I should stay clean after the exam. I did the exam (which I passed) and celebrated the end of my studies by attending a meeting.

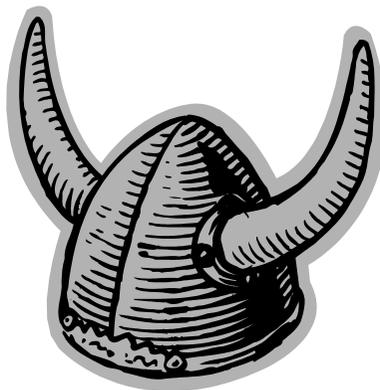
I am now 7 years clean, the engineering degree has had little effect on my life, getting clean has changed my life completely. I have done many of the things that were dreams from my youth including travel to Britain. Due to the drastic change in spending patterns I quickly became debt free and at the age of 43 able to retire on a quarter of my previous income. Since then I have married and live a happy and contented life, pursuing my hobbies and NA commitments.

I started doing service very early in recovery and strongly recommend it to all. Giving is receiving and nowhere is that more evident than in NA.

I love living drug free.

Erik the Viking!

(Reprinted from NA Today, Summer 2000)



The 'real' 12 steps...

1. We denied we were powerless over our addiction and our lives weren't that unmanageable
2. We came to believe that a power greater than ourselves could restore us to sanity and then forgot all about it
3. We made a decision to turn our will and our lives over to the care of God as we understood him...but only when we really had to because of pain
4. We made a half arsed and fearful moral inventory of ourselves and everyone else too
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs and then forgot and continued to do that shit
6. We were entirely ready to have God remove the inconvenient defects of character
7. We stubbornly asked him to improve our defects
8. We made a list of all persons we had harmed, and became willing to make amends to some of them if they deserve it or are nice
9. We made direct amends to some but only when it made us look good
10. We occasionally take personal inventory and when we are wrong blame it on someone else
11. We expected, through lacklustre prayer and medication, to have a direct line to god praying only for our own fortune and the power to make others carry that out
12. Having had a spiritual awakening as a result of these steps, we tried to carry the cake of addicts who no longer suffer and to practice these principles in some affairs...when it's convenient

By 'Resentful' Anonymous

Grace

*I used to think prayer was for those poor souls who can't meditate,
So much of it's asking and thanking for stuff,
Why do that when whatever happens is my karma?
Why not just meditate, do good karma and claim my rights?*

*Problem is, my karma's overflowing with an age of being lost,
And when that lostness overwhelms me,
I am one of those poor souls who can't meditate,
And I can't run my life.*

*So I'm trying this asking and thanking thing sometimes.
God, can You please run my life?*

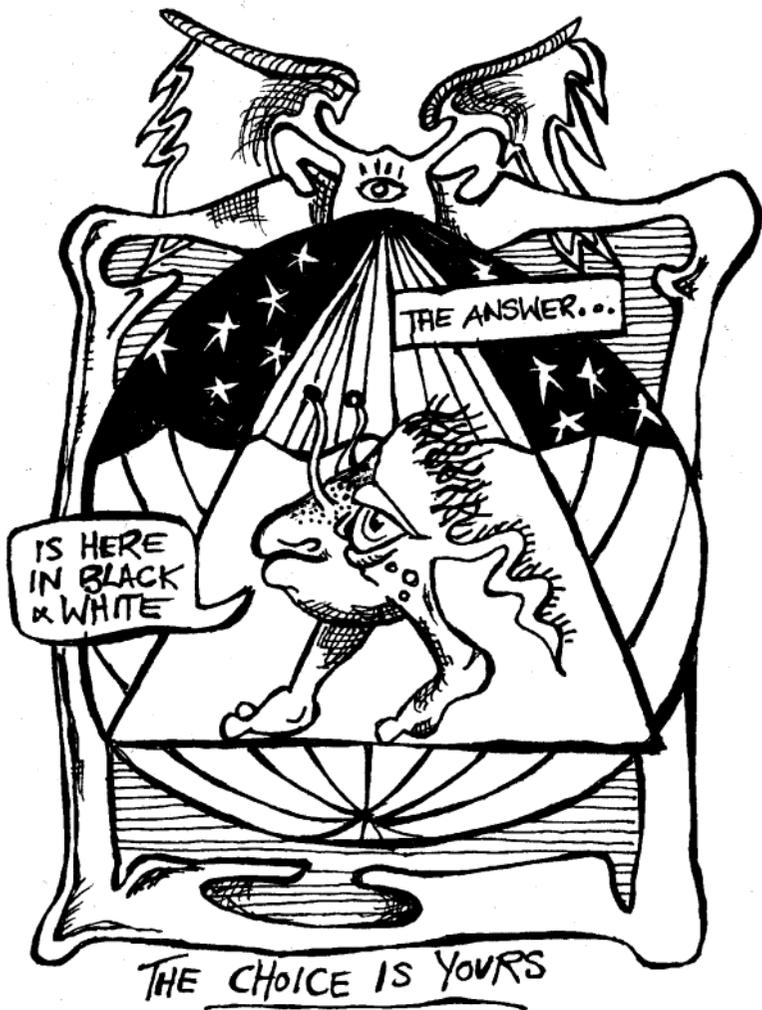
*"How do you tell the difference between a religious
and a spiritual person?
A religious person's trying not to go to Hell,
A spiritual person's been there."*

*I know some people who've been there,
And when I hear their stories I can't help but love them,
Till my heart almost breaks with that love,
Till I realise I love my self – because my story's so similar.*

*They've asked and thanked because often that's all they've
had left,
And now they're living lives of such honesty,
Courage,
Humility,
Friendship.*

*God, thank You for their company,
For making 'they',
'We'.*

Andrew T., Byron Bay



The Gifts of Recovery

I am sitting on a plane flying home after going to my aunt's funeral. She was quite old and been very unwell so it wasn't a surprise although, of course, still terribly sad. My aunt played a big role in my childhood and my brothers and I have loads of good memories.

Quite a few people came to the service. People she'd done the flowers and morning tea with at her church; neighbours she'd lived next door to for 30 years, someone came from the bank she had worked at her whole life. During the service there were eulogies from family members who loved her. She was wholly a part of her community.

People talked about her kindness and her compassion, her love of words and literature as well as the fact that she had been a mean tennis player in her youth (news to us)! One of my brothers, her godson, spoke of how she had inspired him to become a walker and climber. She also supported his plans and gave him a base of operations in Tasmania. For me she was someone who looked after me when I was sick, took me raspberry picking and taught me how to make soup.

I was sitting in the service and I thought "I hope I can be like her. I hope I am, in some small way, like her." And then I thought "Thank god I am in recovery!" Because the only way I have any hope of being half the person she was, is by staying clean. Being in recovery, for me, means that I get the chance to be person I want to be.

I'm not saying that she was a saint and that I want to be one either. She had a temper and could express disapproval with a short, sharp "Humph!" We all have defects and I struggle to hand mine over on a daily basis sometimes. But in my using I was all defects; blaming, manipulative, angry... The list goes on. What I desperately wanted when I got clean was relief from that and the opportunity to live my life a different

way.

And recovery has shown me that I have the capacity for love and kindness, I can laugh and enjoy, and I can be a positive presence in other people's lives rather than a negative one through working this program.

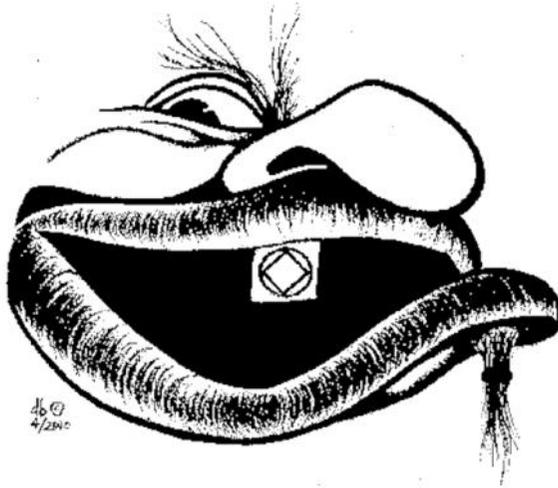
One of the great joys I have in my life now is being an aunt to my brothers' children. I got recovery in time to be someone they've only known clean and they know and trust me as I knew and trusted my aunt. No one wonders whether it would be a good idea to ask me to babysit because these days, I am trustworthy.

Sitting at the service I also knew that I was only able to be there, to support my parents and other family, and to participate in this celebration of someone's life, because I am clean today. In my using I just would have used it as another excuse for a shot and probably not even made it, best intentions aside.

I also get to be part of a community as well - the fellowship of Narcotics Anonymous. In this fellowship I am able to be of service, to give back and to be part of. I have amazing friendships built up over years of recovery that are unlike any friendships I've ever had.

I know I'm never going to be a millionaire. Or cure world hunger. Or be famous. But from the early days of recovery what I wanted was to live a good life; a life that I could be proud of, both in my interactions with others and with who I am in the world. And I'm getting there, but only because I'm clean and make the choice not to pick up, one day at a time.

Caroline M., Canberra



Camp Serenity

Friday 27/07/2012 to Sunday 29/07/2012

at

The Log Cabin Camp,
3360 Nerang-Murwillumbah Road,
Natural Bridge QLD 4211

For more information please contact
Vanessa: 0449 591 728;
Luke: 0432 432 633 and
Cassandra: 0416 386 703

More details will be available on **na.org.au** including
registration costs and payment options

**CCANA PRESENTS THE CENTRAL
COAST WOMEN'S UNITY DAY**
FROM FEAR TO FREEDOM III

ON: Saturday 31st March 2012

**WHERE: The Entrance Public School,
Oakland Ave, The Entrance**

Program

9.00am: Registration

10.00-11.30: **Just For Today**

11.30-12.00: Morning Tea

12.00-1.00: Experience, Strength & Hope 20+

1.00-2.30: Lunch

2.30-4.00: From Fear To Freedom

REGO: \$10

All you can eat buffet lunch: \$8

Drinks: \$1

Cakes/slices: \$1

Tea & coffee (bottomless): \$2

Contact: Kim 0406298384

Jo 0467876259

**SOUTH AUSTRALIAN AREA of NARCOTICS
ANONYMOUS CONVENTION 2012
1,2 & 3 June 2012**



**Fullarton Park Centre, 411 Fullarton Road, Fullarton.
Registration Full \$40 Concession \$25 Day Pass \$15
Billeting may be Available for Out of Town Members.**

**For more Info, Billeting or Registration Call
Dave L 0412 249 897, Rex H 0448 690 030,
Boni 0421 802 688, or Elliot 0406941105.**

FELLOWSHIP SERVICE OFFICE

FSO HOURS:
TUES 10AM TO 3PM
SAT 10AM TO 2PM

ENQUIRIES AND PHONE SALES:
MON 10AM TO 2PM
TUES 10AM TO 2PM
WED 10AM TO 2PM
SAT 10AM TO 2PM

ON-LINE ORDERING ALSO
AVAILABLE ANYTIME FROM
WWW.FSO.COM.AU





Photo by Bonfire Kate



NA

National Hotline

1 800 652 820

All other info @

www.na.org.au